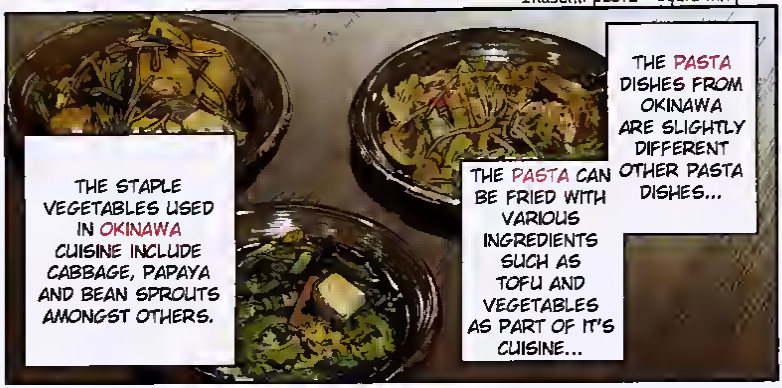
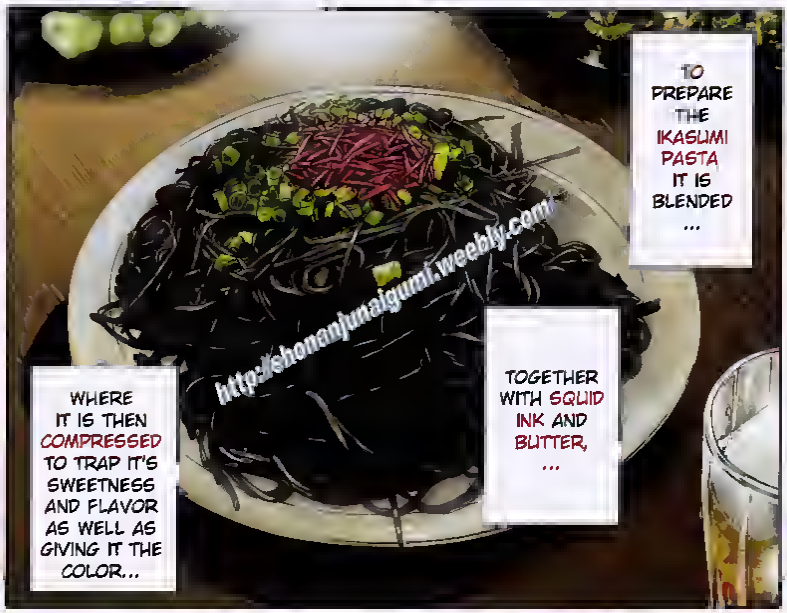
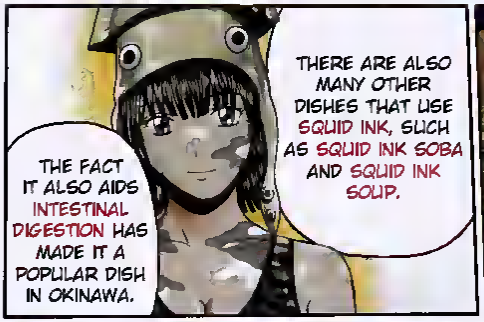
GREETINGS EVERYONE, BEFORE WE START...
DO YOU KNOW WHERE I AM...?
http://shonanjunaigumi.weebly.com/
おいしい神しわま
Delicious Vomit
sit up
I'M RIGHT HERE.
YOU HAVE WOKEN UP THE ALL TIME FAVOURITE MILITARY WOMAN
ﾊﾛｰ!

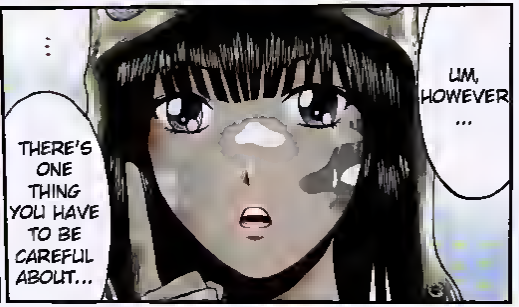
*Ikasumi pasta = squid ink pasta

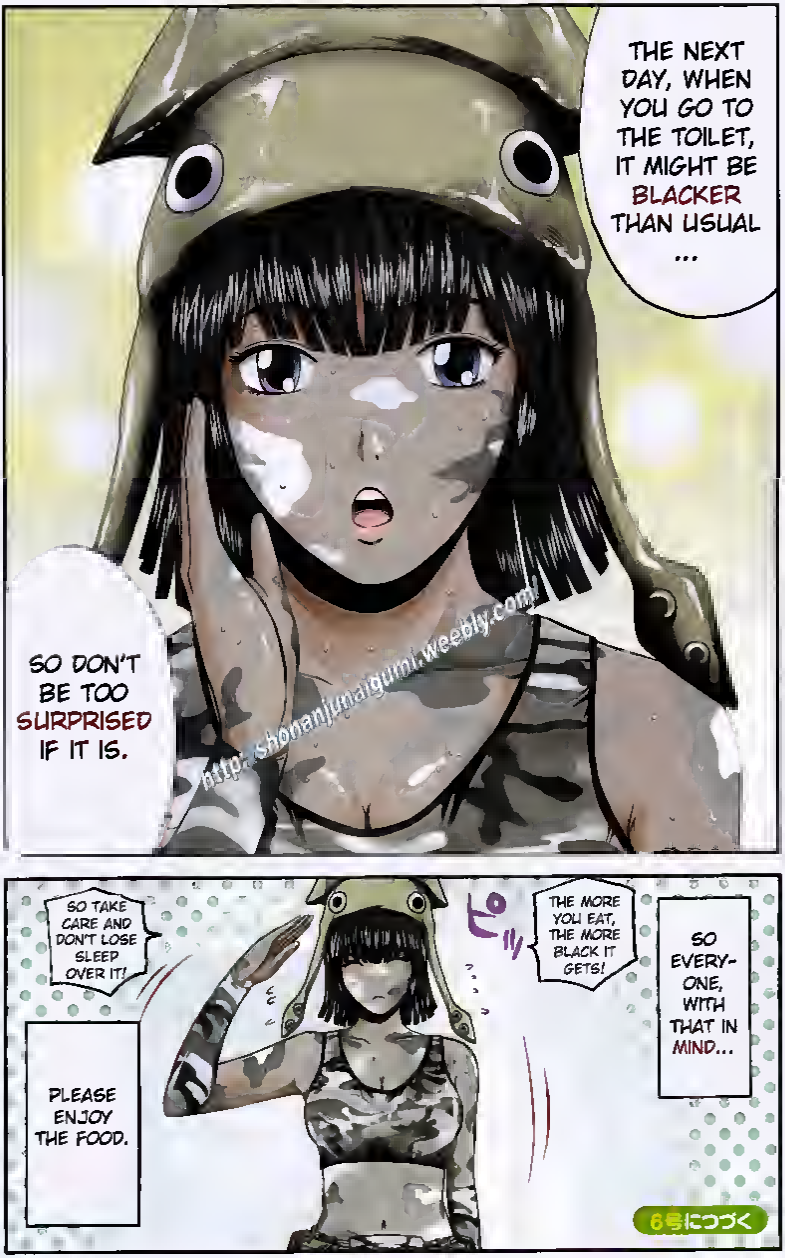

THE STAPLE VEGETABLES USED IN OKINAWA CUISINE INCLUDE CABBAGE, PAPAYA AND BEAN SPROUTS AMONGST OTHERS.
THE PASTA CAN BE FRIED WITH VARIOUS INGREDIENTS SUCH AS TOFU AND VEGETABLES AS PART OF IT'S CUISINE...
THE PASTA DISHES FROM OKINAWA ARE SLIGHTLY DIFFERENT OTHER PASTA DISHES...


TO PREPARE THE IKASUMI PASTA IT IS BLENDED ...
TOGETHER WITH SQUID INK AND BUTTER, ...
WHERE IT IS THEN COMPRESSED TO TRAP IT'S SWEETNESS AND FLAVOR AS WELL AS GIVING IT THE COLOR...
http://shonanjunaigumi.weebly.com/


THERE ARE ALSO MANY OTHER DISHES THAT USE SQUID INK, SUCH AS SQUID INK SOBA AND SQUID INK SOUP.
THE FACT IT ALSO AIDS INTESTINAL DIGESTION HAS MADE IT A POPULAR DISH IN OKINAWA.

IT HAS BECOME QUITE A POPULAR ITEM ON THE MENU...
IN PUBS AND TAVERNS ACROSS THE COUNTRY.


UM, HOWEVER ...
...
THERE'S ONE THING YOU HAVE TO BE CAREFUL ABOUT...


THE NEXT DAY, WHEN YOU GO TO THE TOILET, IT MIGHT BE BLACKER THAN USUAL ...
SO DON'T BE TOO SURPRISED IF IT IS.
http://shonanjunaigumi.weebly.com/
SO TAKE CARE AND DON'T LOSE SLEEP OVER IT!
THE MORE YOU EAT, THE MORE BLACK IT GETS!
SO EVERY-ONE, WITH THAT IN MIND...
PLEASE ENJOY THE FOOD.
6号につづく